

# Supporting Students Recovering from Concussion

## A Desktop Guide for Educators

Most students will typically deal with symptoms for 2-4 weeks following a concussion. Some will need months or even longer to fully recover- every concussion is different, so the adjustments needed will vary. This desktop guide offers information about post-concussion symptoms and gives you the tools you need to make adjustments in your classroom so that your students are academically successful and emotionally supported during their recovery.

## Adjustments for the Classroom

### Symptom

### Possible Adjustments

Sensitivity to Light	Seat away from windows, dim lights, allow student to wear sunglasses/hat in class
Sensitivity to Noise	Avoid loud settings: lunch room, pep rallies, etc.; allow student to leave class 3-5 mins early
Mental Fatigue/Feeling Foggy	Simplify tasks, frequent breaks during any mental tasks
Difficulty Concentrating on School Work	Separate work time into 10-15 min chunks w/ breaks between tasks
Difficulty Paying Attention to Teacher	Seat proximity to Teacher, allow student to work in a quiet room
Difficulty Remembering	Provide notes and memory aides
Difficulty Staying Organized	Use to do lists, agendas/planners, use calendar in student's phone



**A** -Allow time for your student's brain to heal

**D** -Determine how you can adjust class and home assignments

**J** -Just being understanding and caring makes a **HUGE** Difference

**U** -Understand brain injuries are invisible

**S** -Sense that your student has a shorter "battery" life until their brain heals

**T** -Talk to your student about what's working and what's not

## Adjustments for Homework

Reduce homework to allow more rest time  
Dictate answers to a parent, sibling, friend  
Capture responses via recording  
Alternative projects or assessments  
Audio versions of textbooks and assigned books

## Adjustments for Testing

Oral discussion/oral test taking  
Multiple choice tests  
Open book tests  
Speech to text or audio record answer  
Eliminate questions, shorter tests

## Adjustments for Organization

Use color coding to emphasize  
important information  
Provide an outline of steps for  
math and science problems  
Fewer items per page or per line

## Adjustments for Note Taking

Audio record lectures  
Provide detailed notes to the student  
Request that another student share their notes

## Further Considerations

- Students may need to attend school part time, e.g., half days alternating with morning and afternoon classes.
- Tests and quizzes may need to be postponed if a student is unable to prepare for or tolerate the assessment due to their injury or symptoms.
- Prioritize assignments and remove work that is not essential.
- Help students recovering from concussion feel supported during recovery.

## Emotional Support

Supporting students during their recovery is more than just classroom adjustments. They also need emotional support to stay on track. You can help by checking in with them at least twice a week to talk about how they're doing physically, academically and emotionally. If you're concerned about worsening symptoms or excessive anxiety, talk to the school nurse, guidance counselor and/or school administration.

## Resources

Brain Injury Association of New York State: [www.bianys.org](http://www.bianys.org)

CDC Heads UP: [www.cdc.gov/headsup/index.html](http://www.cdc.gov/headsup/index.html)

Upstate Concussion Center: [www.upstate.edu/concussion](http://www.upstate.edu/concussion)

Get Schooled on Concussions: [www.getschooledonconcussions.com/tip-sheets/](http://www.getschooledonconcussions.com/tip-sheets/)



[www.bianys.org](http://www.bianys.org)

Main Office: (518) 459-7911

Help Line: 800-444-6443